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HOUSEKEEPERS' CHAT

Monday, February 20, 1933.

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★ FEB 13 1933 ★
U. S. Department of Agriculture

Subject: "An Inexpensive Patriotic Dinner." Information from the Bureau of Home Economics, U. S. D. A.

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Day after tomorrow is Washington's birthday, if my calendar is telling the truth. In my private opinion, that's one of the best days in the year either for a family celebration or a children's party. A successful mother whom I know often declares that she never misses a chance for a patriotic party at her house. She finds that such parties serve two purposes. They not only give the children a good time, but they also create a lasting interest in history. Each year on Washington's birthday her children take great pride in working out some project to show how much they know about the Father of His Country. Last year they arranged all by themselves, the centerpiece for the family dinner table. It represented a snow scene at Valley Forge. They laid a large square of cotton batting in the center of the table and sprinkled it with the glistening snow dust used on Christmas trees. In the middle of this they built a very realistic fire of a pile of twigs over red tissue paper. Toy soldiers in Colonial uniform stood or lay about the campfire on the snow, toy guns beside them or stacked together at one side. On a tripod of three sticks over the fire itself hung a doll's kettle, with one of the tin soldiers standing near as though doing "kitchen police" duty. Bits of evergreen here and there represented trees and bushes.

The children themselves suggested that the dinner menu be red, white and blue.

Family celebrations of this sort can be simple and very inexpensive yet lots of fun. You don't need elaborate food or elaborate decorations. The children especially will enjoy such a day if they can take part in the preparations, if they can use their own imagination and ingenuity in making simple decorations, in inventing patriotic games to play or even in helping to prepare the meal.

I asked the Menu Specialist if she would plan an inexpensive red, white and blue dinner for Washington's Birthday, and a special new recipe. Of course, the colors red and white are easy to feature in the food. But blue is difficult. The best way to add the blue is to serve the meal on blue dishes, or to use blue candles on the table.

Here's the low-cost menu for your dinner on Wednesday. It is suitable either for the family by themselves or for any guests that you may invite in for the occasion. (Notice how the colors red and white appear throughout.) The menu: Baked ham; Candied yams or sweetpotatoes; Creamed cabbage sprinkled with bright red paprika; Hot biscuits; Stuffed pear salad; and, for dessert, just by way of recalling the cherry-tree story, Cherry pie; and Coffee.

Once more: Baked ham; Candied yams or sweetpotatoes; Creamed cabbage served with a dash of paprika; Hot biscuits; Stuffed pear salad; Cherry pie and Coffee.

The white pears you canned last summer and the red cherries both come in handy in this menu. Or, you can use the commercially canned fruits which are usually inexpensive at this time of year.

Now, I'd like to give you a new recipe for stuffed pear salad--a red and white salad which you will serve on blue salad plates.

Five ingredients for stuffed pear salad.

1 No. 2 can of Bartlett pears (in halves)
1/4 pound of cream or cottage cheese
1/8 teaspoon of salt
1 tablespoon of lemon juice, and
10 red cherries, candied, canned or bottled, cut in half

I'll repeat that list of five. (Repeat.)

Now here's the way you make the salad. Drain the canned pears. Mix the cheese, salt and lemon juice, and the cherries, cut in half. Fit the halves of the pears together with a layer of the cheese mixture between them. Then chill the pears and cut them in half lengthwise or into slices crosswise. Serve on crisp lettuce. This salad is good with mayonnaise or cream dressing. Sour cream dressing is also nice for this or any other fruit salad. Some people prefer their fruit salad with no oil in the dressing, with nothing more than a little seasoning and tart flavor. If you're one of these people, you can add a little salt and lemon juice to the drained pear juice and serve this simple mixture over your pear salad. If you want more color in the salad, add a few chopped red cherries to your dressing.

Tuesday, "Built-in Shelves for the Household."

